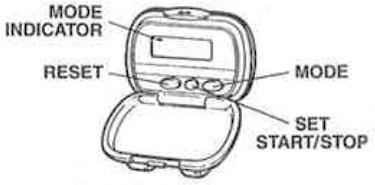
ACCUSPLIT® EAGLE 140S

ACTIVITY PEDOMETER

OPERATING INSTRUCTIONS



FOR BEST RESULTS
-Clip the pedometer firmly at your waist, above a knee.

STRIDE LENGTH SET MODE (in or cm)
(See EXCLUSIVE ACCURACY TIP)
For more accurate Distance calculation, set Stride Length. To determine Stride Length, stand with feet together on a line, then take 10 normal strides. Measure, in in. or cm., the total distance from the line to the toe of the foot on the 10th stride and divide by 10.
-Press (MODE) until Mode Indicator is under "DISTANCE".
-Press (SET) to change Stride Length (Mode Indicator is next to "STRIDE").
-Press (SET) to increase Stride Length setting by .05 ft. or 1 cm. (1-6 ft. or 35-150 cm., with rollover to minimum setting). Automatic return to DISTANCE Mode.

STEP COUNT MODE (STEP)
-Press (MODE) until Mode Indicator is under "STEP".
-Measures ALL ACTIVITY Steps.

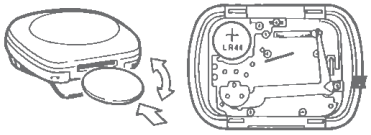
PEDOMETER MODE (MILE/KM)
-Press (MODE) until Mode Indicator is I under "DISTANCE".
-Measures ALL ACTIVITY Distance.

STOPWATCH MODE (⏱)
-Press (MODE) until Mode Indicator is under Stopwatch symbol.
-Press (START/STOP) to start, indicator flashes.
-Press (START/STOP) to stop, indicator stops flashing.
-Press (START/STOP) to restart, indicator flashes.
When Stopwatch is stopped,
-Press (RESET) to Reset to 0.

RESET
-Press (RESET) to reset Distance and Steps to 0.

EXCLUSIVE ACCURACY TIP
After setting Stride Length per instructions above, maximize the accuracy of Distance measurement by:
-Walking a measured 0.5 or 1.0 mile/km. (we recommend that you use a 1/4 mile/400 meter track like those found at a "high school").
-Comparing the DISTANCE recorded to the measured distance, and
-If UNDER recorded, resetting the STEP LENGTH to a longer setting, or if OVER recorded, resetting the STEP LENGTH to a shorter setting.
-Pushing RESET to return the display to 0.
-Walking the track again to test the adjustment, and re-adjusting accordingly.
-Once adjusted DO NOT ALLOW ANYONE ELSE TO CHANGE THE SETTING, because the Fitness Meter is now set for your style.
-You are now ready to walk or stroll any route, change that route freely and still get an accurate measurement of distance for your fitness or recreation program.

BATTERY REPLACEMENT
When the LCDisplay dims, replace the battery with LR-44 or equivalent.
-Use a coin to "pop open" the case.
-Replace battery with "+" up.
-Snap case parts together.
-Power Reset (see below).

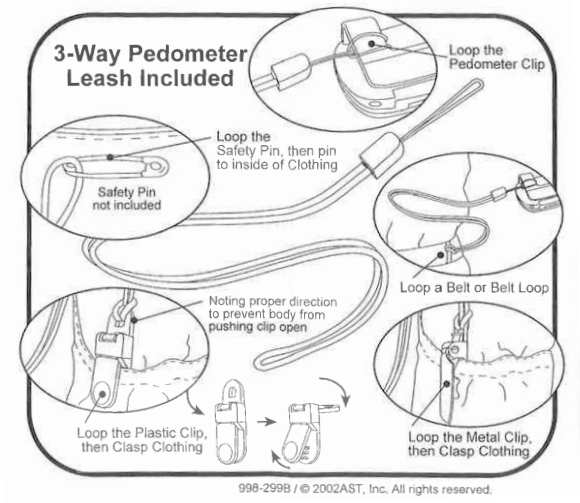


POWER RESET
-Push all 3 buttons for 5 seconds and Release (All LCDisplay segments will be OFF, until a button is released.)

REGISTER NOW Please return your AE140 Registration to the Repair Center address in the warranty, & we will let you know about future products.

User _____ E-mail _____

NO-PROOF-OF-PURCHASE LIMITED WARRANTY
See label inside the lid of your pedometer.


3-Way Pedometer Leash Included
Loop the Pedometer Clip
Loop the Safety Pin, then pin to inside of Clothing
Safety Pin not included
Loop a Belt or Belt Loop
Noting proper direction to prevent body from pushing clip open
Loop the Plastic Clip, then Clasp Clothing
Loop the Metal Clip, then Clasp Clothing
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The ACCUSPLIT Lifestyle

ACCUSPLIT, Inc.
3090 Independence Drive, Suite 148
Livermore, CA 94551 USA
800-935-1996 • 925-290-1900
FAX 925-290-1930
www.ACCUSPLIT.com
support@ACCUSPLIT.com

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